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HOMEMAKERS' CHAT

FRIDAY, NOVEMBER 25, 1938

(FOR BROADCAST USE ONLY)

SUBJECT: "SOYBEANS AND PEANUTS". Information from the Bureau of Home Economics, U.S. Department of Agriculture.

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Today, I have some news about "Soybeans and Peanuts".

At first you may wonder why I speak about the two things at the same time. But when you think again you'll see that soybeans and peanuts really do have much in common.

In the first place, they're both legumes. (We often have to remind ourselves that peanuts are not really nuts at all.)

And both of them are rich in fat and protein---as vegetables go.

And you can fry soybeans in deep fat and, salt them, and eat them like peanuts.

And besides, both soybeans and peanuts got their start in this country as forage crops. That was before Americans discovered that as table foods they are delicious, and valuable in the diet.

And there's just come to me a news letter about "Soybeans and Peanuts" from the U.S. Department of Agriculture that gives more interesting facts.

First of all on the unique food value of the soybean. It seems they out-shine our common table beans in several ways. And when it comes to vegetable protein, soybeans are almost in a class by themselves. They have much more of the kind of protein that the body can use efficiently to build muscles and tissues. And they are 12 times as rich in fat as the common beans.

And another fact that interests many, is the low carbohydrate content of the soybean. They have only about half as much carbohydrate as other dry beans. And a lot of what they do have is a kind that the body can't make much use of. So dry soybeans count only as a 12 percent carbohydrate vegetable; while green soybeans rank with kale and squash as one of the 6 percent carbohydrate vegetables.

Green soybeans are very rich in vitamin A, a vitamin we frequently associate with the green coloring. And both the dry and green soybeans are good sources of Vitamins B and G. And if you sprout soybeans, after the Chinese fashion, you will have vitamin C.

Now, soybeans are not exactly new in America. Farmers began feeding them to their cattle about 40 years ago. But recently plant breeders have been developing better table varieties. They are working to produce soybeans that will cook

quickly, and have a good color and pleasing flavor. Food specialists have tested some 500 of these varieties of soybeans and they've found about 17 that are really excellent.

I think I mentioned to you the other day the new leaflet called "Soybeans for the Table", that's just been put out by the Bureau of Home Economics in Washington.

I'd like to run over some of the highlights of this leaflet for you:

First, it answers questions on nutritive value. It tells how to make baked beans and chile con carne of the dry soybeans and how to select good green ones. You will find in it also recipes for bread, muffins, and pie crust that use soybean flour. It even tells how to make soybean "curd" and a beverage called "milk".

And this white, milky beverage you can make from soybeans is very useful sometimes in special diets, or for feeding babies that can't take ordinary milk. In a baby's formula though, the soybean milk has to be carefully supplemented under the doctor's direction, to make sure that the minerals, vitamins, and sugar it lacks are properly taken care of.

Now on the cooking, you must always soak dry soybeans before you cook them. Soaking makes soybeans cook more quickly and gives them a better color; and of course, soaking "plumps" them up.

If you put them to soak in the evening, next morning drain the beans, and add fresh water. Then simmer them until they're tender. Remember, simmer, don't boil. Sometimes it will take two hours or even longer to get them done.

If you have a pressure cooker, you can work faster. It takes only one quarter to half an hour to cook soybeans tender in a pressure cooker. That is, if you keep the pressure at 15 pounds.

And when it comes to making different dishes, there are so many things you can do with soybeans, especially after you have put them through a food grinder, or a coarse sieve.

Soybean pulp is good in soups and croquettes. Or you can make it into a light souffle, or a soybean loaf.

Remember, soybeans are rich in fat, so add only enough fat to give them a good flavor. Diced salt pork is good.

You'll find the beans are excellent peped up with plenty of celery and green pepper and onion.

And if you want a copy of this new leaflet, "Soybeans for the Table", it's free while the supply lasts. Simply write to the Department of Agriculture in Washington D. C. for your copy.

And now back to peanuts for just a minute. Here's some good news for those who like them. There will be more peanuts this year, than ever before in the history of this country.

That's all the news about soybeans and peanuts for today.

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